

PARTY PLANNING TIPS FOR AN ALCOHOL-SAFE AND DRUG-FREE

HOLIDAY

SEASON

TO REMEMBER

2001



SAMHSA
Substance Abuse and Mental
Health Services Administration

CSAP Center for
Substance Abuse
Prevention





Be a Responsible Host: Know the Facts

The winter holidays are a time to enjoy the company of family, friends, and coworkers. Whether you are planning a dinner, informal gathering, or holiday party, your job as host is very important. Your many responsibilities include planning the menu or catering, organizing entertainment and considering space arrangements. However, some of the most crucial details can be overlooked in all the frenzy. Perhaps your most important responsibility as host for a party or gathering where alcohol is involved is to take steps to ensure your guests' safety both during and after the celebration.

Drinking and driving is an all too familiar and tragic combination. More people are on the road, and they are also consuming alcohol as a part of their holiday celebrations. Statistics like the ones highlighted below remind us how important it is to plan an event where non-alcoholic beverages and alternative transportation options are available.

Since 1980, more than 100,000 lives have been saved through increased awareness and legislation related to alcohol-impaired driving. Still, impaired driving exacts too great a toll on American families. Here are the facts according to the National Highway Traffic Safety Administration (NHTSA):

- About 3 in 10 Americans will be involved in an alcohol-related crash at some time in their lives.
- In 2000, alcohol-related fatalities increased for the first time since 1995.
- More than 305,000 persons were injured in crashes where police reported that alcohol was present- an average of one person injured approximately every 2 minutes.

Impairment Begins With the First Drink: For Safety's Sake, Never Drive After Drinking!

- Alcohol was involved in 39 percent of fatal crashes in 1998.
- Alcohol-related highway crashes are the leading cause of death for adolescents and young adults in the United States.
- The rate of alcohol involvement in fatal crashes is about 4 times as high at night as during the day (60 percent versus 17 percent). For all crashes, the alcohol involvement rate is 5 times as high at night (16 percent versus 3 percent).
- In 1998, 52 percent of all fatal crashes that occurred on weekends were alcohol-related.

By following the tips in this booklet, you can take steps to prevent impaired driving this holiday season.

Tips for Party Givers

- Avoid making alcohol the main focus of social events. Entertain guests with music, dancing, games, food, and lively conversation.
- Did you know that one in three adults prefers a non-alcoholic beverage? Make sure to offer plenty of non-alcoholic choices such as sparkling water, fancy juice drinks, and soft drinks.
- Provide guests with nutritious and appealing foods to slow the effects of alcohol. High protein and carbohydrate foods like cheese and meats are especially good. They stay in the stomach much longer, which slows the rate at which the body absorbs alcohol. Avoid salty foods that encourage people to drink more.
- Require bartenders to measure the correct amount of liquor into drinks (no doubles) and instruct them not to serve anyone who appears to be impaired. Have the bartender check the ID of anyone who appears to be under the age of 30 (no ID, no alcohol).
- Stop serving drinks at least 1 hour before the end of the event. Instead, serve coffee, non-alcoholic beverages, and desserts at that time.
- Recruit people ahead of time who will not be drinking to help you make sure everyone has a safe ride home.



When the Party's Over

Your responsibility as a host is even more important at this point. Should any of your guests be unable to drive due to alcohol impairment, be sure to provide several options. Below are a few suggestions:

Be prepared to offer your guests alternate forms of transportation.

- Know what "safe ride" programs are available in your area.
- Keep the phone numbers of several cab companies handy.

If your event will be held in or close to a hotel, encourage guests ahead of time to book rooms for the night.

Provide drinkers with alternatives to driving.

- Offer your place to spend the night.
- Call a taxi.
- Ask someone who was not drinking to drive your friend home.



Don't let anyone who has been drinking drive. If the drinker insists, take the keys, ask for help from other guests, or temporarily disable the car. If all else fails, say you will call the police (and do so).

Recipes For a Really Fun Party

You don't need alcohol to feel good. The following non-alcoholic drink recipes are courtesy of the National Highway Traffic Safety Administration and Join Together, a national resource center for communities working to reduce substance abuse. Many of these unique drinks can add "flavor" to your party by giving your guests healthy, tasty alternatives to alcoholic beverages. Enjoy!

Citrus Collins

Fill a 10-12 oz. glass with ice cubes
2 oz. orange juice
1 oz. lemon juice
1 oz. flavored syrup



Fill with club soda. Garnish with an orange slice or a cherry.

Mai-Tai

1/2 cup pineapple juice
1/4 cup orange juice
1/4 cup club soda
1 tbsp. cream of coconut
1 tbsp. grenadine syrup

*In shaker or tall glass, combine ingredients; shake or stir to blend.
Add crushed ice.*

Lemon-Strawberry Punch

1 can (6 oz.) frozen orange juice concentrate, thawed
1 pkg. frozen sliced strawberries
1 can (6 oz.) frozen lemonade concentrate
1 quart carbonated water
1 quart ginger ale
sliced bananas (garnish)
sliced oranges or lemons (garnish)



Combine frozen lemonade, strawberries (half-thawed with juice), and orange juice. Place in a punchbowl with ice. Just before serving, add carbonated water and ginger ale. Garnish with thin slices of orange or lemon. Serves 20.

Holiday Delight

Blend the following ingredients in a mixer:

- 1/2 cup orange juice
- 1/4 cup frozen strawberries
- 1/4 cup cranapple juice
- 1/4 cup half-and-half
- 1/2 banana

Pour into a tall glass.

Viennese Coffee

Combine:

- 1/4 cup whipped cream
- 1 tbsp. powdered sugar
- 1/2 tsp. vanilla extract

Beat until stiff.

Pour 3 cups of very strong coffee (decaffeinated is fine) into four cups. Float whipped cream mixture on top. Garnish with 1/2 tsp. grated orange peel. Use cinnamon sticks in each cup as servers.

The C&C Express

In a blender, mix the following on low speed to smooth consistency:

- 6 oz chocolate chip ice cream
- 1/4 cup brewed espresso coffee
- 1/4 cup half-and-half
- 3 tbsp. cream of coconut

Pour into an 8-ounce serving glass. Top with whipped cream and chocolate shavings. Garnish with a cookie and serve immediately.

The Natural Blend

Blend the following ingredients in a mixer:

- 1/2 banana
- 6 strawberries
- 2 oz. apple juice
- 1/4 apple, with the skin
- 2 oz. fresh pineapple
- 1/2 cup ice

Serve in a wine glass. Garnish with fresh strawberries.



Frosty Mocha

1/2 gal. chocolate ice cream, softened
8 cups coffee, chilled
1 pint half-and-half
1 tsp. almond extract
1/8 tsp. salt
1 square semi-sweet chocolate, grated
1/4 tsp. ground cinnamon

With mixer at low speed, beat ice cream and 3 cups coffee until smooth. In chilled 5-6 qt. punch bowl, stir ice cream mixture, half-and-half, almond extract, salt, and 5 cups of coffee until blended. Sprinkle with grated chocolate and cinnamon. Makes 16 8 oz. servings.

Fizzled Wine

1/2 cup white grape juice
1/2 cup lemon-lime soda
1/2 tsp. sugar (optional)

Combine ingredients in tall glass; stir to blend. Add ice. Makes one serving.

Southern Style Eggnog

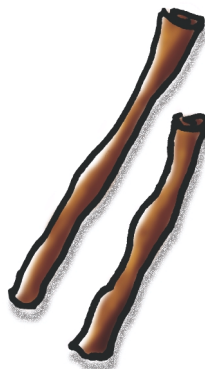
4 eggs, separated
1/2 cup sugar
1/4 tsp. salt
3 cups milk
1 cup whipping cream
2 tsp. vanilla extract
nutmeg
whipped cream to garnish

While beating the egg yolks, gradually add sugar and salt. Gradually stir in milk and cream. Heat mixture over hot water or over low heat, stirring constantly, until it thickens and coats a metal spoon. Cool. Add vanilla extract and chill thoroughly. Beat egg whites until soft peaks form; gradually add remaining 1/4 cup sugar. Beat the refrigerated mixture until smooth and frothy. Fold in beaten egg whites. Sprinkle nutmeg and garnish with whipped cream.

Hot Spiced Apple Cider

Heat in glass pot or enameled pan:
6-8 cups apple cider
1/4 cup orange, lemon, or lime slices with peel, or any combination
1 2-inch cinnamon stick
4-6 cloves

Serve with fruit slices in mugs. Makes 6-8 servings.



South Sea Cooler

3 oz. orange juice
1/2 oz. undiluted grapefruit juice concentrate
1 oz. coconut cream
1 oz. light cream

Shake with large scoop of shaved ice. Serve in tall glass.

River Club Cream

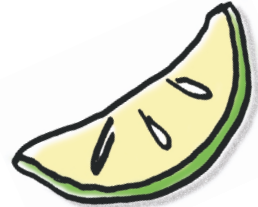
1.5 oz. Arrow Nonalcoholic Black Raspberry Cordial
5 oz. half-and-half
dollop of whipped cream

Shake ingredients in glass and metal shaker with ice until frothy. Pour (with ice) into 10-12 oz. snifter or tall glass.

No-Tequila Margarita

12 oz. can thawed lemonade concentrate
12 oz. can thawed limeade concentrate
1 cup powdered sugar
4 egg whites
6 cups crushed ice
1 qt. club soda
coarse salt (optional)

In 4-quart non-metal container, thoroughly mix together the first five ingredients. Cover and freeze, stirring occasionally. Remove container from freezer 30 minutes before serving. Spoon 2 cups of the slush mixture into blender; add 1 cup of club soda. Blend until frothy. To serve, rub rim of glass with lime slice, and, if desired, dip rim in coarse salt; fill glass. Garnish with lime slices. Makes 24 servings.



**May your holiday season celebrations be healthy
and full of joy and peace!**



Publications on Alcohol and Drugs

Moving Forward With Your Life! Leaving Alcohol and Drugs Behind

(1998, CSAP) PHD626

This booklet emphasizes that abusers are not alone and that help is available. It presents reasons people abuse drugs, warning signs that someone has a problem with alcohol or drugs, and where to go for help.

If Someone Close Has a Problem With Alcohol or Other Drugs

(Reprint 1997, CSAP) PH317

This booklet offers support and suggestions to help a person cope with a family member, friend, or coworker who has an alcohol or drug problem. It also lists resources for more information.

Just the Facts

(1996, CSAP) RPO884

These fact sheets describe many drugs, including side effects and slang names. Also included are messages to discourage teenagers from trying drugs and alcohol, as well as a list of referral organizations.

SAMHSA Youth and Underage Drinking Packet

(2000, SAMHSA) F030

This packet covers various aspects of underage and youth drinking. The 11 easy-to-read fact sheets include an overview of the problem; the difference in use among boys, girls, and college students; prevention through parents or professional services; where and how to seek treatment; and many other issues.

Underage Drinking Prevention Action Guide and Planner

(2001, CSAP) SMA3259

This 60-page publication is designed to help communities create programs to prevent underage drinking.

Tips for Teens About Alcohol

(2000, CSAP) PH323

This brochure provides facts and dispels myths about alcohol use. Information is provided on long- and short-term effects, physical and psychological risks, impact on sexual performance, and legal implications.

To order these and other publications, call **SAMHSA's National Clearinghouse for Alcohol and Drug Information** at 1-800-729-6686 or visit www.health.org